

beginning kundalini yoga

8 week semester with alycia lee



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*

8 Week Semester Classes: \$95

Tuesday Nights: 5:30-7pm

BEGINNING KUNDALINI YOGA

This style of yoga is taught as it was by the great yoga master, Yogi Bhajan. In yogic tradition, Kundalini is the latent spiritual energy within every person that can be awakened by the practice of yoga. It uses sets of yogic postures and movements (asana) with meditative focus, breath work (pranayama), and chanting (mantra). In addition to strengthening the health and well-being of the physical body, it is very useful for emotional balance, mental clarity, stress relief, and personal transformation.

Class Dates

April 7th – May 26th

June 2nd – July 28th (skip July 7th)

August 4th – September 22nd

PRE-REGISTRATION REQUIRED. Mail check with this form to Sangha Yoga

Name(s) _____

Contact # _____ Email _____

Please write class dates, the number of attendees, and total payment enclosed:

Beg. Kundalini Class Dates _____ # of participants _____ (X) \$95 = \$ _____

